

## Sloppy Joe on Bun<sup>25</sup>

Number of Servings: 25 (162.07 g per serving)

Amount	Measure	Ingredient
5.00	lb	Beef, ground, hamburger, pan browned, 10% fat
5.00	cup	Tomatoes, puree, cnd
9 1/2	Tbs	Spice, onion, minced, dehyd
5.00	Tbs	Sugar, white, granulated
5.00	Tbs	Vinegar, cider
25.00	ea	Buns, hamburger, whole wheat
5/8	tsp	Salt, table, iodized

### Nutrients per serving

Nutrition Facts			
Serving Size (162g)			
Servings Per Container			
Amount Per Serving			
Calories 290		Calories from Fat 90	
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	3.5g		18%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	330mg		14%
Total Carbohydrate	29g		10%
Dietary Fiber	4g		16%
Sugars	7g		
Protein 22g			
Vitamin A 8%		Vitamin C 15%	
Calcium 6%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Brown hamburger. Add tomato puree, onion, sugar, vinegar and salt. Simmer 2 minutes to blend flavors. Serve hot on whole wheat hamburger bun.

1/2 cup Sloppy Joe mixture and 1 bun = 2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

#### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

#### Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.